

TIPS ON PREPARING TO SEE THE DOCTOR

1. Get Ready

- a. Bring any information you have on your child.**
- b. Bring pen/pencil to take notes.**
- c. Be specific about any changes in your child's health.**
- d. Have a list of the current medications and dosages your child is using. (do not forget over the counter or herbal treatments)**
- e. Write all of your questions down before calling or visiting the physician.**

2.. Tell the doctor:

- a. How your child has been doing.**
- b. Information about successes and set backs.**
- c. What you are concerned about.**
- d. When the symptoms started changing.**
- e. How often the symptoms occur.**
- f. What you have tried to do to relieve the symptoms.**

3. Don't Leave the Doctor's Office Without:

- a. Instructions and name(s) for old and new medications.**
- b. Asking how long your child will be on the medications, and whether there are refills.**
- c. Asking about possible side effects or cross reaction of medications.**
- d. Asking what the child can eat with the medications.**

- e. Asking if you need an authorization from your insurance company before filling.**
- f. Understanding all follow-up questions including how to report changes in symptoms.**
- g. Asking physician if you need a follow-up appointment.**
- h. Making the next appointment, if needed.**



MEDICAL HOME PROJECT NOTES TO TAKE TO THE DOCTOR

Before the visit:

1. Why is your child seeing the doctor today?
2. How long has this been going on?
3. What have you tried so far?
4. What makes it better?
5. What makes it worse?
6. What made you decide to take your child to the doctor now?
7. What do you hope to get from this visit?

Date of visit: _____

Provider's Name: _____

Child's Name: _____